

Dear Parent,

Today your child heard a story called *Mindful Monkey, Happy Panda* by Kerry Lee MacLean and Lauren Alderfer. Read aloud online: <https://www.youtube.com/watch?v=gfPbw2T8VII>. This book exposes children to the concept of mindfulness and shows children why mindfulness is useful. Mindfulness can be a vital tool to children, as well as adults, but it is a learned skill that must be introduced and then practiced. Cultivating this skill could aid your child with self-awareness, control, focus, and so much more!

Your child learned a supportive mental health strategy that focused on mindfulness. When children are taught and practice these skills, they are able to utilize mindful strategies to mitigate the effects of bullying, enhance focus with attention difficulties, reduce attention problems, and improve overall well-being and social skills. Modeling these strategies for your child will help lead him to practice mindfulness as well. Practicing together at home allows you to integrate these strategies into their daily lives as well as personalize them to tailor to your child's needs. You can use these strategies for morning routines and calming down your child in times of frustration.

Another activity you can try at home

Sense of Smell- give your child fragrant object, such as a piece of fresh orange peel, a sprig of lavender or a stick of cinnamon. Ask them to close their eyes and breathe in the scent, focusing all of their attention only on the smell of that object. Scent can really be a powerful tool for anxiety-relief.

To learn more on how to use mindfulness with your child and to better understand the how and why of mindfulness, visit: <https://childmind.org/blog/mindfulness-how-and-why-it-works/>